

## **ПЛАТФОРМА 2**

### ***Професійне становлення фахівців в епоху глобалізації: досвід, проблеми, перспективи***

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#### **THE INTERRELATION BETWEEN SELF-CONTROL, SELF-ESTEEM AND PROFESSIONAL SELF-REALIZATION OF THE TEACHER**

**Introduction.** One of the most important processes currently being studied, which relate to professional formation and personality development, is a professional self-realization. Everyone realizes himself in profession in accordance with his own needs, motives, etc., so it is important to identify the laws and conditions to ensure the optimal course of this process.

**Formulation of the problem.** The process and result of professional self-realization of the teacher are mostly determined by his personal needs, motives, activity, which outlines corresponding problem. Therefore, having defined the **problem**, we set the following **goal**: to investigate the interrelation between self-control, self-esteem and professional self-realization of a teacher.

**Main material.** Having analyzed the works of a number of authors on the above-mentioned problem, we can conclude that professional self-realization of any specialist is subjectively determined, but has certain manifestations of personal creativity: everybody is characterized by his own creative potential. Its main features are taken to distinguish originality and unusual ideas; the ability to see objects under a new angle (semantic flexibility); the ability to change the perception of an object, see its new undisclosed parts (image adaptive flexibility); the ability to produce new

original ideas without certain prerequisites (semantic spontaneous flexibility). Moreover, the process of developing creative potential has certain specific patterns:

- 1) immanence – the ability to develop, according to the nature, is an integral property of an individual,
- 2) biogenicity – the development of personality is largely determined by the biological mechanism of heredity,
- 3) sociogenicity – a social environment in which human development occurs, greatly affects his development,
- 4) psychogenicity – the process of personality development is a subject to self-regulation and self-direction,
- 5) individuality – the personality is unique and different from others with his individual range of qualities and own variant of development,
- 6) stages – the development of a person follows the general law of cyclicity, covering the stages of origin, climax, collapse and decline,
- 7) unevenness (nonlinearity) – each individual is unique and develops with his own pace.

Given the active role of the individual in the creative process of his own development, the internal characteristics and efforts of a particular person, namely self-control and self-assessment, should be considered as important components of control and evaluation activities in the study of the process of professional self-realization of a teacher.

There are different approaches to the essence of self-control: scientists treat it according to different characteristics. L.S. Rybalko considers self-control as a component of independent evaluation activity, which includes setting goals, connected with needs – motives of personality; concrete actions aimed at achieving the goal; conditions for action; result; self-control; even correction of actions [1; p. 17]. L.N. Kulikova treats it as an ability of the person to follow himself, to check himself, to report on his own behavior and activities. [2]. H.A. Sobiieva – as an ability to critically treat his own actions, consciously regulate and plan his activity on the basis of analysis of the changes that occur, which ultimately leads to the

achievement of a certain goal [3]. L.I. Ruvinskiy and A.S. Lynda – as a self-testing of his work, knowledge, behavior, self-correction, which leads to understanding of the deviations in the program being implemented, and making adjustments to the plan of action [4, 5].

Thus, self-control is a conscious regulation by the person of the processes of activity, which manifests itself not only in the elimination of mistakes and the elimination of deficiencies, but also in the preliminary planning of work, correction of results in case of mismatch of their standard in the process of activity. The important role here is in the ability to predict the results of the actions, to realize the correctness of their performance, comparing the actions performed with those necessary to achieve a result or a model that avoids the assumption of errors. The interrelation between the concepts of "self-control" and "self-esteem" is important, since self-control is a component of control and evaluation activity, which depends, to a certain extent, on the ability of an individual to self-assessment and on its level.

**Conclusion.** Thus, the process and result of professional self-realization are individual and complex, have a number of regularities, rely on own control and evaluation activities of a person. Self-control and self-esteem in studying the process of professional self-realization of the teacher are considered to be important issues as integral components of it.

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### **CHEMISTRY IN OUR DAILY LIFE**

In the twenty-first century, people improve a lot of simple things. Very rapidly develops such a science as chemistry. Most of us, especially girls, use cosmetics every day. At the moment, more than ninety percent of cosmetics in the world are created with the help of chemistry. And only nine percent of natural origin.

In this publication, I studied the composition of one of the most popular things in the world, namely the lip gloss. I think that every girl needs to know the composition of this remedy to avoid allergic reactions to components. After the research, I found out that this cosmetic product consists of only half of the natural ingredients. These are essential oils, beeswax and additives for taste.

Many use matte lipsticks, pencils and a basic base. However, the unsurpassed leader remains the lip gloss. Their choice is so wide that the store can get lost not only in their producers, but also in tastes and colors.

Lip gloss has become one of the most popular cosmetics in recent years. So it's no wonder that the history of lip gloss is so intriguing .

The history of lip gloss begins with Max Factor. A pioneer in the world of makeup. Factor was legendary for his contributions to the major motion picture industry [1, с. 54].